ToolGPA

NOVEMBER 2026

HabitLab

The Insider’s Guide

Free browser extension that cuts time on distracting sites



Every plan, grade, refund rule and rival among habit trackers, read from HabitLab’s own pages.

Made by Stanford HCI Group · checked Nov 13, 2026 · toolgpa.com

3.2
GPA



Contents

01 Welcome
What it is, who it suits, its grades and the ten things to know first

02 What it costs
Every plan, the free plan, ways to pay less and how prices have moved

03 What it does
Its main features, where it runs, what it works with and who makes it

04 Where it stands
Its grades against its category, and whether to keep it or make your own

05 The alternatives
The tools it is most often weighed against, side by side

06 Quick answers
The questions people ask about it, each answered in a line or two

07 About ToolGPA
Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from HabitLab's own pages, its app-store listings and our grades. Every fact in it is on HabitLab's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

3.2

GPA, above 61 of the 64 other habit trackers we grade

HabitLab is an open-source project from the Stanford HCI group. You pick the sites you want to spend less time on, and it tries different interventions on each visit, such as hiding feeds or blocking videos. It then reports which ones worked best for you.

To get you started, here are **8 things to know about HabitLab**, taken from its own pages and our grades.

> **It's about browsing time, not a daily habit list, and the main download is for Chrome.**
>
> From our report card of HabitLab

1 **Best for cutting time on distracting sites**

HabitLab is a free open-source Stanford project that tries different interventions on sites you pick and reports which ones worked for you.

2 **It is free**

HabitLab has no paid plan at all. Free; the site lists no paid plans.

3 **It runs on Android**

Android, with a browser extension too.

4 **Over 20 interventions**

Includes hiding feeds, removing clickbait and blocking videos, rotated between visits to see what works.

5 **Sites you choose**

Supports Facebook, YouTube and any other site you pick as one you want to use less.

6 **Usage tracking**

Tracks your online time so you can see where it goes.

7 **A 3.2 GPA, above 61 of 64**

That is against the other habit trackers we grade, on value, the free plan, features, ease of use and platforms.

8 **Keep it**

HabitLab is free, so making your own would save you nothing.

HabitLab at a glance

PRICING Free	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON Android, Browser extension
MADE BY Stanford HCI Group	CATEGORY Habit Trackers
OUR GRADE 3.2 GPA, very good	

The report card

Best for cutting time on distracting sites

HabitLab is a free open-source Stanford project that tries different interventions on sites you pick and reports which ones worked for you. It's about browsing time, not a daily habit list, and the main download is for Chrome.

TOOLGPA REPORT CARD

HabitLab

Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	A	Free with no paid plans listed, and anyone can install it. Nothing in the category costs less.
Free plan and trial	A	Free outright: a browser extension and an Android app, with no plan to hit a cap on.
Features	C	Over 20 interventions, usage tracking and results on what helped. It does that job fully, but it's a smaller job than habit tracking.
Ease of use	B	No store rating on record. Install the extension, pick your sites, and it runs by itself.
Platforms and integrations	B	A browser extension and an Android app. The home page mentions Chrome only, and there's no iPhone app.

Grade point average — Very good, out of 4.0 **3.2**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who HabitLab is for

- ✓ Fits if you lose hours to a few websites and want something to nudge you
- ✓ Works for people who want a free tool and don't mind that it's a research project

Who it is not for

- ✗ Skip it if you want a daily habit checklist, because it only works on browsing
- ✗ Not for you if you're on Safari or iPhone, as the site mentions Chrome and Android
- ✗ Watch out: some anonymized data is sent to Stanford for research
- ✗ Watch out: it's a research project, and the site shows no company behind it

Good to know

Good for

- ✓ Cutting time on social media and video sites
- ✓ People who want to try different nudges and see data on which one works

Worth knowing

- ⓘ The site's main download is for Chrome; other browsers are not mentioned on the home page.
- ⓘ Some anonymized data is sent to Stanford for research purposes, according to the site.
- ⓘ It targets browsing time and is not a daily habit checklist.

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

Free

No paid plan at all

HabitLab is free to use.

> **Free with no paid plans listed, and anyone can install it.**
>
> From our grade for value for money

HABITLAB

$0

Free browser extension and Android app; the site lists no paid plans.

The free plan

Free; the site lists no paid plans.

Read from habitlab.github.io on Nov 13, 2026.

PART 03 · FEATURES

What it does

Its main features, where it runs, what it works with and who makes it

2

Places it runs: Android and Browser extension

Free browser extension that cuts time on distracting sites. Here is what it does, as its own site describes it, and what it covers: open source, site & app blocker, time tracking, habit tracking.

> "
>
> **It does that job fully, but it's a smaller job than habit tracking.**
>
> From our grade for features

Over 20 interventions

Includes hiding feeds, removing clickbait and blocking videos, rotated between visits to see what works.

Sites you choose

Supports Facebook, YouTube and any other site you pick as one you want to use less.

Usage tracking

Tracks your online time so you can see where it goes.

Analytics on what helped

Shows which interventions reduced your time the most.

Android app

The site also offers HabitLab for Android alongside the Chrome extension.

Where it runs

Android | Browser extension

What it works with

Its own pages name no integrations.

HabitLab is made by Stanford HCI Group.

Where it stands

Its grades against its category, and whether to keep it or make your own

61/64

Other habit trackers it is graded above

HabitLab's GPA of 3.2 is higher than 61 of the 64 other habit trackers we grade, and level with 1.

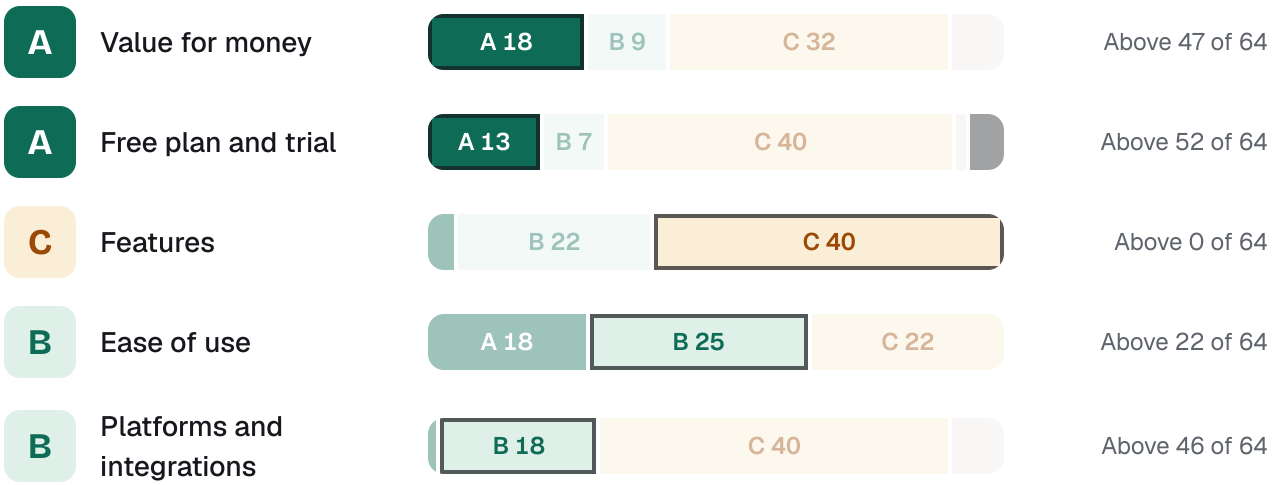
It stands best on free plan and trial (A, above 52 of 64) and worst on features (C, above 0).

HabitLab has no paid plan.

On features, ease of use and platforms it scores 2.7 out of 4, and no tool on the category's chart scores higher without costing more.

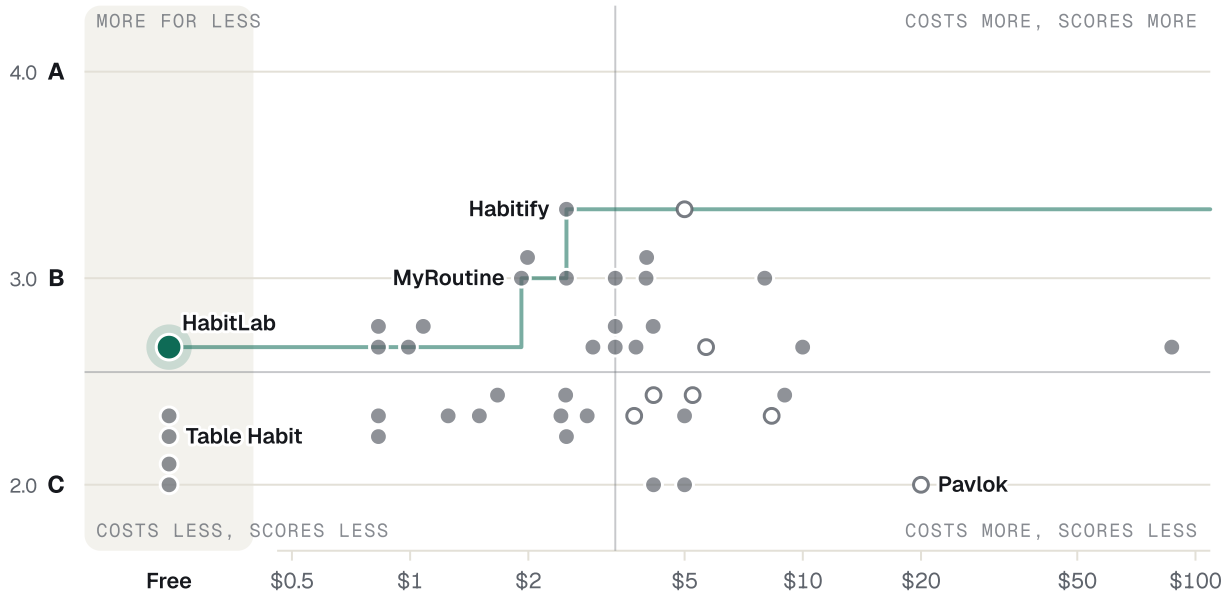
Each grade against the category

Every bar is all 65 habit trackers we grade, cut by the letter each got. HabitLab's own letter is outlined.



Price against what you get

Each dot is one of 44 habit trackers. Further left costs less; higher up scores better on features, ease of use and platforms. HabitLab is the marked dot.



What paid plans start at, a month (each step along is roughly double)

Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Keep it

HabitLab is free, so making your own would save you nothing.

It is one of the better ones too: its GPA of 3.2 is higher than 61 of the 64 other habit trackers we grade.

What you could make

- Habit tracking and time tracking: an app builder makes these well.

What you could not

- ✕ Blocking that reaches every browser and app and is hard to switch off.
- ✕ A real app for Android. Something home-made would be a web page.

What this rests on. HabitLab's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Habitica, Streaks, Habitify and Beeminder

The 4 tools HabitLab is most often weighed against, with where each one differs from it.

3.4 GPA

Habitica

Free plan · from $4.99/mo

Habit and task tracker that works like a role-playing game.

- Only HabitLab lists a browser extension.
- Only Habitica lists a web app.
- Only Habitica lists an iOS app.

HabitLab and Habitica compared in full

2.4 GPA

Streaks

From $5.99 one-time

Habit tracker for Apple devices built around daily streaks.

- HabitLab has a free plan. Streaks does not.
- Only HabitLab lists an Android app.
- Only HabitLab lists a browser extension.

HabitLab and Streaks compared in full

2.8
GPA

Habitify

Free plan · from $29.99/yr

Cross-platform habit tracker with health-data sync and an API.

- Only HabitLab lists a browser extension.
- Only Habitify lists a web app.
- Only Habitify lists macOS and iOS apps.

HabitLab and Habitify compared in full

2.4
GPA

Beeminder

Free plan · from $8/mo

Goal tracker that charges you money when you fall behind.

- Only HabitLab lists a browser extension.
- Only Beeminder lists a web app.
- Only Beeminder lists an iOS app.

HabitLab and Beeminder compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

11

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is HabitLab free?

Yes. HabitLab is free to use.

How much does HabitLab cost?

HabitLab lists one plan. HabitLab: $0.

What platforms does HabitLab work on?

HabitLab is available on Android. It also has a browser extension.

Does HabitLab have an iPhone app?

No iPhone app was listed when its pages were read on Nov 13, 2026. HabitLab is listed for Android.

Does HabitLab have a Windows app?

No Windows app was listed when its pages were read on Nov 13, 2026. HabitLab is listed for Android.

Is HabitLab open source?

Yes. HabitLab is open source, according to its own site.

Who makes HabitLab?

HabitLab is made by Stanford HCI Group.

What are the alternatives to HabitLab?

The closest alternatives to HabitLab in our directory are Habitica, Streaks, Habitify and Beeminder.

How does HabitLab compare with other habit trackers?

HabitLab's GPA of 3.2 is higher than 61 of the 64 other habit trackers we grade, and level with 1.

Is HabitLab good value for money?

ToolGPA grades HabitLab A for value for money. HabitLab has no paid plan.

Could I make my own version of HabitLab?

HabitLab is free, so making your own would save you nothing. It is one of the better ones too: its GPA of 3.2 is higher than 61 of the 64 other habit trackers we grade.

Where this guide comes from

The prices, plans, platforms and features were read from HabitLab's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from HabitLab's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by Stanford HCI Group. Prices change, so check habitlab.github.io before you buy.

habitlab.github.io/

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at **toolgpa.com**.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

HabitLab, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/habitlab

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

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ToolGPA, "HabitLab: The Insider's Guide",
checked Nov 13, 2026.
https://toolgpa.com/tools/habitlab
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Know someone choosing between habit trackers?

Send them this guide: toolgpa.com/tools/habitlab/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded habit trackers after HabitLab, each with an Insider's Guide of its own.

Habit Trackers Insider's Guide

Every one of the 65 habit trackers we grade, compared



Finch Insider's Guide

Self-care app that ties daily goals to a virtual pet bird

3.4 GPA



Habitica Insider's Guide

Habit and task tracker that works like a role-playing game

3.4 GPA



Habit Star Insider's Guide

Habit and routine app for iPhone, iPad and Apple Watch

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what HabitLab's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. HabitLab is a trademark of its owner, and this guide is not made, paid for or approved by Stanford HCI Group. Prices and plans change: check habitlab.github.io before you buy.